



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PALOMAR FAMILY YMCA GROUP EXERCISE SCHEDULE | FEBRUARY

MORNING

MONDAY
**CYCLING/
BODYPUMP
EXPRESS 30**
6:00 - 7:00
Jenn (GFS)

STRENGTH
8:00 - 8:50
Dena T. (GFS)

EXERCISE LITE
8:00 - 8:50
Sara H. (MBS)

AQUA FIT
8:30 - 9:25
Andrea H. (POOL)

CYCLING
9:00 - 9:50
Linda J. (GFS)

GENTLE YOGA
9:30 - 10:50
Michael G. (MBS)

BODYPUMP®
10:00 - 11:00
Jaci (GFS)

STRENGTH
11:00 - 11:50
Becky H. (MBS)

FOREVER FIT
11:30 - 12:20
Kelli (GFS)

TUESDAY
CYCLING
6:00 - 6:50
Jenn (GFS)

**STRENGTH/
STAB.
BALL**
6:30 - 7:20
Tracy T. (MBS)

PILATES
8:00 - 8:50
Michelle (MBS)

STEP
8:00 - 8:50
Dena T. (GFS)

AQUA FIT/DEEP
8:30 - 9:25
Terri W. (POOL)

BODYPUMP®
9:00 - 10:00
Jenn (GFS)

POWER YOGA
9:00 - 10:20
Jill E. (MBS)

CXWORX™
10:15 - 11:00
Jaci (GFS)

PILATES
11:00 - 11:50
Kerry H. (MBS)

CHAIR YOGA
12:15 - 1:05
Carol H. (MBS)

WEDNESDAY
STRENGTH
8:00 - 8:50
Becky H. (MBS)

EXERCISE LITE
8:00 - 8:50
Sara H. (GFS)

AQUA FIT
8:30 - 9:25
Berta. (Pool)

TREADMILL
8:30 - 9:00
Jenn (FITNESS CTR)

CYCLING
9:00 - 9:50
Jenn (GFS)

GENTLE YOGA
9:30 - 10:50
Michael G. (MBS)

BODYPUMP®
10:00 - 11:00
Jenn (GFS)

FOREVER FIT
11:30 - 12:20
Yvonne (GFS)

THURSDAY
CYCLING
6:00 - 6:50
Alison (GFS)

STRENGTH
8:00 - 8:50
Dena T. (GFS)

BARRE
8:00 - 8:50
Harumi (MBS)

AQUA FIT/DEEP
8:30 - 9:25
Terri W. (POOL)

TREADMILL
8:30 - 9:00
Jenn (FITNESS CTR)

BODYPUMP®
9:00 - 10:00
Kristin U. (GFS)

POWER YOGA
9:00 - 10:20
Harumi (MBS)

CXWORX™
10:15 - 11:00
Jenn (GFS)

PILATES
11:00 - 11:50
Harumi (MBS)

CHAIR YOGA
12:15 - 1:05
Carol H. (MBS)

FRIDAY
**EXTREME FIT
EXPRESS**
6:00 - 6:45
Kelli (GFS)

CYCLING
8:00 - 8:50
Cindy (GFS)

BENDER BALL
8:00 - 8:50
Kristin U. (MBS)

AQUA FIT
8:30 - 9:25
Berta (POOL)

ZUMBA®
9:00 - 9:50
Sheila (GFS)

GENTLE YOGA
9:30 - 10:50
Michael (MBS)

BODYPUMP®
10:00 - 11:00
Jenn (GFS)

SATURDAY
CYCLING
7:00 - 7:50
Vince (GFS)

EXTREME FIT
8:00 - 8:50
Multi (GFS)

PILATES
8:00 - 8:50
Michelle (MBS)

AQUA FIT
8:00 - 8:50
Saraya (POOL)

KIDS ONLY FIT
9:00 - 9:50
Becky H. (GYM)

**BODYPUMP EXPRESS
45®**
9:00 - 9:50
Donna (GFS)

CXWORX™
9:00 - 9:45
Maria A. (MBS)

VINYASA YOGA
10:00 - 11:20
Maria A. (MBS)

SUNDAY
VINYASA YOGA
9:15 - 10:25
Harumi (MBS)

**ZUMBA FAMILY/
EXTENDED**
9:15 - 10:25
Cindy (GFS)

New Classes added to the Y.

5+ Children ages 5-12 and parent/guardian must actively participate together.

7+ Formerly Family Friendly. Children ages 7-12 and parent/guardian must actively participate together.

Y ACTIVE ADULTS Activities designed for older adults.

GETTING STARTED A great place to begin or restart your exercise program.

INTERMEDIATE/ADVANCED Higher intensity and advanced instruction provided.

LOCATIONS:

(GFS) Group Fitness Studio
(MBS) Mind Body Studio
(POOL) Outdoor Pool
(FITNESS CTR) Fitness Center
(GYM) Gymnastics Center

FOR MORE INFORMATION ON GROUP EXERCISE CLASSES:

Jennifer Martinez Group Fitness Coordinator Palomar Family YMCA of San Diego County
760-745-7490 • JMartinez@ymca.org





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PALOMAR FAMILY YMCA GROUP EXERCISE SCHEDULE | FEBRUARY

AFTERNOON

MONDAY

- FUSION YOGA**
4:15 - 5:35
Claire F. (MBS)
- ZUMBA®**
5:30 - 6:20
Tabatha (GFS) **7+**
- STRENGTH**
5:45 - 6:35
Laura A. (MBS)
- AQUA FIT/DEEP**  
6:00 - 7:00
Andrea/Berta (POOL)
- CXWORX™**
6:45 - 7:30
Maria (GFS) **NEW**
- CARDIO BLAST**
7:30 - 8:20
Carmen (GFS)


TUESDAY

- CYCLING EXPRESS 30** **NEW**
5:00 - 5:30
Dean (GFS)
- STEP/STRENGTH**
5:30 - 6:20
Donna B. (MBS)
- BODYPUMP EXPRESS 45 @** **NEW**
5:45 - 6:30
Dean (GFS)
- HATHA YOGA** **7+**
6:30 - 7:20
Harumi (MBS)

WEDNESDAY

- KIDS ONLY FIT** **5+**
4:15 - 5:05
Dovie. (GFS)
- FUSION YOGA**
4:15 - 5:35
Claire F. (MBS)
- ZUMBA®**
5:30 - 6:20
Cindy W. (GFS)
- STRENGTH** **NEW**
5:45 - 6:35
Kristin S. (MBS)
- CXWORX™** **NEW**
6:45 - 7:30
Kristin S. (GFS)
- CARDIO BLAST**
7:30 - 8:20
Carmen (GFS)

THURSDAY

- CYCLING EXPRESS 30** **NEW**
5:00 - 5:30
Valery (GFS)
- BODYPUMP EXPRESS 45 @** **NEW**
5:45 - 6:30
Valery (GFS)
- TAI CHI** 
6:00 - 6:50
Joe N. (MBS)

FRIDAY

- FUSION YOGA**
4:15 - 5:35
Harumi (MBS)

MONTHLY UPDATES:

REMINDERS:

- Schedule subject to change without prior notice.
- Please check website for most up-to-date information and subs.
- For class descriptions and levels see class description flier at the Welcome Center.
- Please do not enter studio after class has begun.

FREE CHILDWATCH AVAILABLE with Family Membership (Ages 6weeks to 12 years)

HOURS


M-F 7:45am-12:00pm | 3:45pm-7:30pm
Sat 7:45am-1:00pm
Sun Closed


NEW New Classes added to the Y.

5+ Children ages 5-12 and parent/guardian must actively participate together.

7+ Formerly Family Friendly. Children ages 7-12 and parent/guardian must actively participate together.

 **Y ACTIVE ADULTS** Activities designed for older adults.

 **GETTING STARTED** A great place to begin or restart your exercise program.

 **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided.

LOCATIONS:

(GFS) Group Fitness Studio
(MBS) Mind Body Studio
(POOL) Outdoor Pool
(FITNESS CTR) Fitness Center
(GYM) Gymnastics Center

FOR MORE INFORMATION ON GROUP EXERCISE CLASSES:

Jennifer Martinez Group Fitness Coordinator Palomar Family YMCA of San Diego County
760-745-7490 • JMartinez@ymca.org